



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01043, Cheese, pasteurized process, pimento

Report Date: June 22, 2017 10:46 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 140g	1 cup, melted 244g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 18g	1 slice (3/4 oz) 21g
Proximates										
Water	g	39.08	--	--	54.71	95.36	44.16	11.08	7.03	8.21
Energy	kcal	375	--	--	525	915	424	106	68	79
Energy	kJ	1571	--	--	2199	3833	1775	445	283	330
Protein	g	22.13	--	--	30.98	54.00	25.01	6.27	3.98	4.65
Total lipid (fat)	g	31.20	--	--	43.68	76.13	35.26	8.85	5.62	6.55
Ash	g	5.84	--	--	8.18	14.25	6.60	1.66	1.05	1.23
Carbohydrate, by difference	g	1.73	--	--	2.42	4.22	1.95	0.49	0.31	0.36
Fiber, total dietary	g	0.1	--	--	0.1	0.2	0.1	0.0	0.0	0.0
Sugars, total	g	0.62	--	--	0.87	1.51	0.70	0.18	0.11	0.13
Minerals										
Calcium, Ca	mg	614	--	--	860	1498	694	174	111	129
Iron, Fe	mg	0.42	--	--	0.59	1.02	0.47	0.12	0.08	0.09
Magnesium, Mg	mg	22	--	--	31	54	25	6	4	5
Phosphorus, P	mg	744	--	--	1042	1815	841	211	134	156
Potassium, K	mg	162	--	--	227	395	183	46	29	34
Sodium, Na	mg	915	--	--	1281	2233	1034	259	165	192
Zinc, Zn	mg	2.98	--	--	4.17	7.27	3.37	0.84	0.54	0.63
Copper, Cu	mg	0.033	--	--	0.046	0.081	0.037	0.009	0.006	0.007
Manganese, Mn	mg	0.016	--	--	0.022	0.039	0.018	0.005	0.003	0.003
Selenium, Se	µg	14.5	--	--	20.3	35.4	16.4	4.1	2.6	3.0
Vitamins										
Vitamin C, total ascorbic acid	mg	2.3	--	--	3.2	5.6	2.6	0.7	0.4	0.5

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Thiamin	mg	0.027	--	--	0.038	0.066	0.031	0.008	0.005	0.006
Riboflavin	mg	0.354	--	--	0.496	0.864	0.400	0.100	0.064	0.074
Niacin	mg	0.078	--	--	0.109	0.190	0.088	0.022	0.014	0.016
Pantothenic acid	mg	0.485	--	--	0.679	1.183	0.548	0.137	0.087	0.102
Vitamin B-6	mg	0.071	--	--	0.099	0.173	0.080	0.020	0.013	0.015
Folate, total	µg	8	--	--	11	20	9	2	1	2
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	8	--	--	11	20	9	2	1	2
Folate, DFE	µg	8	--	--	11	20	9	2	1	2
Choline, total	mg	34.7	--	--	48.6	84.7	39.2	9.8	6.2	7.3
Vitamin B-12	µg	0.70	--	--	0.98	1.71	0.79	0.20	0.13	0.15
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	244	--	--	342	595	276	69	44	51
Retinol	µg	231	--	--	323	564	261	65	42	49
Carotene, beta	µg	150	--	--	210	366	170	43	27	32
Carotene, alpha	µg	12	--	--	17	29	14	3	2	3
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	1030	--	--	1442	2513	1164	292	185	216
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	18	--	--	25	44	20	5	3	4
Vitamin E (alpha-tocopherol)	mg	0.29	--	--	0.41	0.71	0.33	0.08	0.05	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.7	1.2	0.6	0.1	0.1	0.1
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.7	1.2	0.6	0.1	0.1	0.1
Vitamin D	IU	22	--	--	31	54	25	6	4	5
Vitamin K (phylloquinone)	µg	2.9	--	--	4.1	7.1	3.3	0.8	0.5	0.6
Lipids										
Fatty acids, total saturated	g	19.663	--	--	27.528	47.978	22.219	5.574	3.539	4.129
4:0	g	1.041	--	--	1.457	2.540	1.176	0.295	0.187	0.219
6:0	g	0.355	--	--	0.497	0.866	0.401	0.101	0.064	0.075
8:0	g	0.374	--	--	0.524	0.913	0.423	0.106	0.067	0.079
10:0	g	0.641	--	--	0.897	1.564	0.724	0.182	0.115	0.135
12:0	g	0.483	--	--	0.676	1.179	0.546	0.137	0.087	0.101

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14:0	g	3.206	--	--	4.488	7.823	3.623	0.909	0.577	0.673
16:0	g	9.090	--	--	12.726	22.180	10.272	2.577	1.636	1.909
18:0	g	3.790	--	--	5.306	9.248	4.283	1.074	0.682	0.796
Fatty acids, total monounsaturated	g	8.937	--	--	12.512	21.806	10.099	2.534	1.609	1.877
16:1 undifferentiated	g	1.026	--	--	1.436	2.503	1.159	0.291	0.185	0.215
18:1 undifferentiated	g	7.499	--	--	10.499	18.298	8.474	2.126	1.350	1.575
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.988	--	--	1.383	2.411	1.116	0.280	0.178	0.207
18:2 undifferentiated	g	0.606	--	--	0.848	1.479	0.685	0.172	0.109	0.127
18:3 undifferentiated	g	0.382	--	--	0.535	0.932	0.432	0.108	0.069	0.080
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	94	--	--	132	229	106	27	17	20
Amino Acids										
Tryptophan	g	0.323	--	--	0.452	0.788	0.365	0.092	0.058	0.068
Threonine	g	0.718	--	--	1.005	1.752	0.811	0.204	0.129	0.151
Isoleucine	g	1.023	--	--	1.432	2.496	1.156	0.290	0.184	0.215
Leucine	g	1.956	--	--	2.738	4.773	2.210	0.555	0.352	0.411
Lysine	g	2.196	--	--	3.074	5.358	2.481	0.623	0.395	0.461
Methionine	g	0.572	--	--	0.801	1.396	0.646	0.162	0.103	0.120
Cystine	g	0.142	--	--	0.199	0.346	0.160	0.040	0.026	0.030
Phenylalanine	g	1.124	--	--	1.574	2.743	1.270	0.319	0.202	0.236
Tyrosine	g	1.211	--	--	1.695	2.955	1.368	0.343	0.218	0.254
Valine	g	1.325	--	--	1.855	3.233	1.497	0.376	0.238	0.278
Arginine	g	0.926	--	--	1.296	2.259	1.046	0.263	0.167	0.194
Histidine	g	0.902	--	--	1.263	2.201	1.019	0.256	0.162	0.189
Alanine	g	0.555	--	--	0.777	1.354	0.627	0.157	0.100	0.117
Aspartic acid	g	1.360	--	--	1.904	3.318	1.537	0.386	0.245	0.286
Glutamic acid	g	4.592	--	--	6.429	11.204	5.189	1.302	0.827	0.964

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Glycine	g	0.364	--	--	0.510	0.888	0.411	0.103	0.066	0.076
Proline	g	2.251	--	--	3.151	5.492	2.544	0.638	0.405	0.473
Serine	g	1.068	--	--	1.495	2.606	1.207	0.303	0.192	0.224
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0